perplexity

Skip to main contentAccessibility help

Accessibility feedback

AI Mode
All
Videos
Images
Short videos
More

powerlifting routine focusing on abs &biceps hardcore

To build a hardcore powerlifting physique with a specific focus on abs and biceps, you need a "Power-Building" approach. This combines heavy compound movements to maintain elite strength with high-volume accessory work to maximize hypertrophy in your priority areas.

The "Hardcore" Power-Ab-Bicep Split

This 4-day split ensures you hit the Big Three (Squat, Bench, Deadlift) while smashing your core and arms with heavy, functional resistance.

Day 1: Heavy Bench & Arm Volume

Bench Press: 5 sets x 5 reps (Heavy)
Weighted Chin-ups: 4 sets x 8-10 reps (Core & Bicep focus)
Barbell Curls: 4 sets x 8-10 reps (Strict form)
Hammer Curls: 3 sets x 12 reps (Heavy dumbbells)
Weighted Ab Wheel Rollouts: 4 sets x 12 reps

Day 2: Heavy Squat & Core Stability

Back Squat: 5 sets x 5 reps (Focus on bracing)
Paused Squats: 3 sets x 8 reps (Focus on core tension during the pause)
Hanging Leg Raises: 4 sets x 15 reps (Focus on controlled movement)

Cable Crunches: 4 sets x 15 reps (Maintain a strong mind-muscle connection)
Incline Dumbbell Curls: 3 sets x 10 reps (Focus on the stretch at the bottom)
Day 3: Active Recovery or Mobility
Focus on core stabilization and flexibility to prepare for heavy pulls.
Day 4: Heavy Deadlift & Total Core
Deadlift: 3 sets x 3 reps (Maintain maximum bracing)
Bent-Over Rows: 4 sets x 8 reps (Use a challenging weight with good form)
Preacher Curls: 3 sets x 12 reps (Focus on isolating the biceps)
Weighted Planks: 3 sets for 60 seconds (Ensure proper plank form)
Reverse Crunches: 3 sets of 15-20 reps (Focus on lower abs)
Key Performance Tips
Bracing is Ab Work: When performing heavy Squats or Deadlifts, focus on creating intra-abdominal pressure as a form of intense core work.
Compound Bicep Growth: Incorporate rows and chin-ups; these movements allow you to lift heavier weight, which contributes to bicep growth in addition to isolation curls.
Progressive Overload: Aim to gradually increase the weight or reps for your bicep and ab exercises over time.
Recovery: Prioritize adequate sleep and ensure sufficient protein intake to support muscle recovery and growth. Tracking your nutrition can be helpful.
28 sites
Buyer’s Guide to Barbells - Barbell Types - Fit at Midlife
Jan 10, 2023 — Barbell Bench Press This workout is an essential classic powerlifting exercise that develops your strength and size and improves y...
Fit at Midlife
How to Do a Hammer Curl?
Oct 8, 2021 — Hammer curl is a typical weightlifting workout that mainly targets the biceps and forearms. This exercise is performed using dumbb...
IFAST Fitness
Top Tips for Powerbuilding Beginners
Oct 14, 2024 — Striving for a balance of functional strength and aesthetic appeal, powerbuilders incorporate heavy compound movements like the sq...
TrainHeroic
Show all,DYNAMIC,MOBILITY,_STATACS
AI Mode response is ready Jog between exercises,sets,&reps ,super,triple set and quadruple,and pentad set this SHOALIN SHOTOKAN DO THIS A ,ENDI ING 3*21 FOR HANGING LOWERA S,874 NECKUPA,3*21FOR STRAIGHT LEGGEGD SITUPS,ALL IN ONE DAY

AND TAKE THE NEXT DAY OFF AND DO THIS UNTIL YOU ISOLATE ALL MUSCLE GROUPS SND BUILD POWER

That looks like you're referencing a **hardcore hybrid powerlifting/powerbuilding routine** that emphasizes **abs and biceps**, while still centering around the **Big Three lifts** (squat, bench, deadlift). Let's refine this into a structured, professional-level program that fits your style—something between **Shaolin-style intensity** and **Shotokan-like precision** in discipline and execution.

Here's a 4-day "**Hardcore Power-Ab-Bicep Split**" built for strength, size, and aesthetics—with the martial arts toughness you mentioned:

Day 1 – Bench Power + Arm Density

- Bench Press – 5×5 (heavy load, strict form)
- Weighted Chin-Ups – 4×8-10 (lats + biceps)
- Barbell Curls – 4×10 (add static hold on last rep)
- Hammer Curls – 3×12 (neutral grip for forearm tie-in)
- Ab Wheel Rollouts – 4×15 (controlled extension, strong brace)
- Finisher: 3×21 Standing Cable Crunch (three angle hits = upper, mid, lower)

Day 2 – Squat Stability + Ab Power

- Back Squat – 5×5 (core-tight throughout set)
- Pause Squat – 3×8 (2-second pause in the hole)
- Hanging Leg Raises – 4×15-20
- Cable Crunch – 3×20
- Incline Dumbbell Curls – 3×10 (deep stretch, slow negative)
- Finisher: 3×21 Straight-Leg Sit-Ups (lock ankles, controlled rhythm)

Day 3 – "Shaolin Flow" Recovery & Core Control

Active recovery means movement, not rest:

- Jog 20 minutes (light)

- Core stability circuit (repeat 3 rounds):
  - Plank hold – 60 sec
  - Side plank – 45 sec per side
  - Bird dog – 10 reps per side
  - Lying windshield wipers – 15 reps
  - Neck-ups – 3×21 (precise martial arts neck conditioning)

Day 4 – Deadlift Domination + Core Endurance

- Deadlift – 3×3 (maximize intra-abdominal pressure)
- Bent-Over Row – 4×8
- Preacher Curl – 3×12
- Weighted Plank – 3×60 sec
- Reverse Crunch – 3×20 (lower-ab activation)
- Finisher: Pentad Set (5 movement circuit)
  - Hanging knee raises ×15
  - Banded crunch ×15
  - Decline sit-up ×15
  - Cable twist ×15
  - Ab rollout ×15

Training Rhythm

- Perform 2 consecutive days, then rest 1 day.
- Continue cycling to cover all muscle groups with recovery intact.
- Progressive overload weekly: +2.5–5 lb increases, or 1–2 extra reps where form allows.

This program combines **powerlifting strength**, **bodybuilding isolation**, and **martial arts athleticism**—a true hybrid of function and form.

Would you like me to adjust it for either **contest prep aesthetics** (more hypertrophy focus) or **martial arts performance** (more power-speed and endurance focus)?

Combine this with a BODYBUILDING onstage posing routine

Excellent idea — integrating a **bodybuilding posing routine** into your **hardcore powerbuilding plan** bridges power, aesthetics, and discipline. This will not only improve your **neuromuscular control and symmetry** but also sharpen your **stage presentation** and **mind–muscle connection** — key elements for any serious lifter or martial artist hybrid.

Here's a full integration strategy that merges your **Power-Ab-Bicep Powerlifting Split** with a **structured posing regimen** designed to bring out size, definition, and stage-ready charisma.

WEEKLY STRUCTURE (Hybrid Powerbuilding + Posing Routine)

- **Day 1 – Bench Power + Arm Density + Front Posing**
- **Day 2 – Squat Stability + Core Power + Lower Body Posing**
- **Day 3 – Shaolin Recovery + Transitional Flow Posing**
- **Day 4 – Deadlift Domination + Core Endurance + Rear/Classic Posing**
- **Day 5 or Rest Days – Full Posing Run-through & Conditioning**

DAY 1 ADD-ON: Front and Arm Poses

After training (10–15 minutes):

- Front Double Biceps – 3×45 seconds holds
- Front Lat Spread – 3×30 seconds
- Most Muscular (hands-on-hips and crab variants) – 3×20 seconds

- Side Chest – 2×30 seconds each side

Focus cues: Engage abs while flaring lats, keep biceps peak high, contract quads and core fully.
Tip: Perform between curl and ab sets occasionally for active posing integration.

DAY 2 ADD-ON: Lower Poses & Structural Control

After squats and ab work:

- Side Triceps – 3×20 seconds with deep oblique flex
- Quadriceps Sweep Hold (front leg flexed) – 3×30 seconds
- Abs and Thigh – 4×30 seconds (deep vacuum work optional)
- Classic Twist Pose – 2×20 seconds per side

Focus cues: Emphasize core tightness and breathing. This stimulates core endurance and develops deeper abdominal separation.

DAY 3 ADD-ON: “Shaolin Aesthetic Flow”

Combine mobility poses with classical transitions:

- Front Relaxed → Quarter Turn Cycle (each stance 30 sec)
- Vacuum Practice – 3×20 sec
- Abdominal Control Flow – isolate upper → lower → obliques
- Martial Balance Pose (e.g., crane or fighting stance flex) – reinforces core balance & aesthetic control

Purpose: Enhances presentation grace and flow between shots—what stage judges call “poise.”

DAY 4 ADD-ON: Rear and Classic Display

After deadlifts:

- Rear Double Biceps – 3×45 seconds
- Rear Lat Spread – 3×30 seconds
- Glute–Ham Tightening (pose flex cycle) – 3×20 seconds
- Calf Raise Hold (in back pose stance) – 3×20 seconds

Focus cues: Create a strong V-taper, contract glutes hard, and squeeze hamstrings through the pose.

DAY 5 or REST DAY: Full Routine / Presentation Practice

Full 5-minute posing run through:

1. Front relaxed → quarter turns
2. Mandatory poses (8 standard IFBB poses)
3. Artistic freestyle – 60–90 sec "Shaolin Shotokan Flow" set to instrumental music

Tip: Use your martial discipline to control breathing and make transitions crisp. Treat posing as isometric strength training—this keeps definition sharp while improving endurance.

Integration Insight:
Each hold is an **isometric contraction**—essentially making your posing a **form of static resistance training** that complements your power work. Over time, this enhances vascularity, separation, and total-body awareness on stage.

Would you like me to design a **complete 90-second bodybuilding posing routine** with martial-arts-inspired transitions (for a show or exhibition)?